



Primary Sports and Education Home Learning pack - KS2 - Week 6

With the schools now closed, we are unfortunately unable to continue our normal Primary Sports and Education school sessions during curriculum time. Therefore, **to encourage children to still go outdoors safely and experience Sports** we have put together a pack.

Inside includes some **Multi-Sports** activities as well as some sport specific games also. All these games are **cross curricular** and will need to use their **English, Maths, Science, Art skills** as well as many more!

We are frequently posting new ideas and information on our Facebook and website if you need more inspiration for activities. If you enjoy doing these activities, please share your feedback and experiences with us - we would love to hear from you.

Please stay safe during these activities and adult supervision is always advised.

We look forward to catching up with the children upon return to the school.

Best Regards,

Marc Troman and Primary Sports and Education Staff

COOL TO BE ACTIVE...
FUN TO BE FIT

www.primary-sports.co.uk

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Reg. Co. Name: Primary Sports Education Ltd
Reg. Address: 21 Town Close, Stogursey TA5 1RN

VAT No: 183908477
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	Activities	Resources Required	Potential Risks	Impact
1	<p>Multi-Skills - Wall Reaction</p> <p>For this game, you can use with colours or numbers.</p> <p>Writing the numbers on a piece of paper and stick them onto the wall. You have a family member that calls out the number and you must react and touch the number or colour as fast as you can!</p> <p>You can start with 4 numbers or colours but if you find this too easy then you can keep adding numbers or when the family member claps, you must jump!</p>	<p>Follow the video below for a demonstration</p> <p>Pen and paper</p>	<p>Make sure you have enough space in the room and no objects on the floor or around you</p>	<p>Listening skills and following instructions</p> <p>Endurance</p> <p>Coordination with both hands and feet</p>
2	<p>Multi-Sports – Underarm Throwing</p> <p>For this activity you will need bowls/cups as well as soft items/sweets as our throwing objects.</p> <p>In this session, the child will learn how to throw underarm and using the correct technique.</p> <p>To make this harder, you can vary the distance between yourself and the target or make the targets smaller</p> <p>Please follow the link below for this task!</p>	<p>Targets and soft items to land them in</p>	<p>Make sure you have enough space in the room and no objects on the floor.</p> <p>Take this outside if you have the space!</p>	<p>Listening skills and following instructions</p> <p>Coordination with both hands and feet</p> <p>Accuracy</p> <p>Resilience – You will not get it on the first go!</p>
3	<p>Fitness - Hopscotch Fitness</p> <p>You will be playing hopscotch!</p> <p>You can do this on the pavement outside of your house. You can make the numbers and area as big</p>	<p>Chalk and a pair of socks</p>	<p>Would be best for this to be played outside</p>	<p>Agility</p> <p>Balance</p> <p>Coordination</p> <p>Posture</p>

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	<p>as you like! All you need is some chalk to mark the area before you can begin.</p> <p>You take some socks and throw them towards a number. Whatever it lands on, you do hopscotch and retrieve the number and go back the same way you came and then you do as many shuttles to the number.</p> <p>So, if I landed on 10, I would do 10 shuttle runs back and forth.</p> <p>See the video below for a demonstration!</p>			<p>Cross Curricular</p> <p>Maths</p>
4	<p>Multi Skills – Jumping</p> <p>This activity requires some markers, you can use everyday household objects to jump over as long as they're safe!</p> <p>Follow the video below and join in with Mr Hooper!</p>	Objects as markers	<p>Would be best for this to be played outside or in a large room</p> <p>Remove anything that can be knocked over or broken</p>	<p>Agility</p> <p>Balance</p> <p>Coordination</p> <p>Stamina</p> <p>Posture</p>
5	<p>Volleyball – Volley</p> <p>In this video you will be learning a key volleyball technique!</p> <p>How to volley the ball. This session is differentiated for both KS1 And KS2</p> <p>Please follow the video below as it is very in depth and a great skill to practice!</p>	Requires a ball and an outside space	Needs to be played outside or away from anything breakable	<p>Agility</p> <p>Balance</p> <p>Coordination</p> <p>Stamina</p> <p>Posture</p>

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English	Activities	Resources Required	Potential Risks	Impact
1	<p>Making History</p> <p>We are all living through the most challenging times since the World Wars. During those wars, people kept diaries to look back on and remember what it was like during those periods.</p> <p>You may have heard of Anne Frank's Diary. This is now one of the most important records around that period about the standard of living and the impact the times had on everyday life.</p> <p>Your task is to create your own diary during the lockdown period. You can include your thoughts and feelings but most importantly, take note of the impact on your families. What changes have been made? What happens in everyday life?</p>	Anything you would Like!		<p>Diary Writing</p> <p>Writing for a purpose</p> <p>Emotive Writing</p> <p>Empathy</p>

Maths	Activities	Resources Required	Potential Risks	Impact
1	<p>Blood Pressure</p> <p>This activity if to be done when you have finished one of the sporting activities above.</p> <p>When you have finished your activity, you need to take your heart rate!</p> <p>You need to find your pulse on your wrist or neck by using two fingers. An image of how</p>	None		<p>Working on counting numbers</p> <p>Multiplication</p> <p>Science</p>

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	<p>to do this is below!</p> <p>Could how many times your heart beats within 30 seconds and then double the number and that is your heart rate!</p>			
2	<p>Master Chef Maths Challenge</p> <p>Practice measuring quantities of ingredients. Can be anything you like!</p> <p>Their task is to read the scales in grams or KG if you have bigger scales.</p> <p>Same with Millilitres and Litres</p> <p>If you can, can you convert these measurements from Grams to Kilograms or Millilitres to litres or vice versa</p> <p>Additional challenge – find a recipe that you enjoy. You need to serve 12 people, what will you have to do to your recipe to make sure that you have enough food for everybody?</p>	Anything you would like!	Indoor activity	<p>Measurements –</p> <p>Reading scales</p> <p>Converting scales</p> <p>Fractions</p> <p>Multiplication</p>
3	<p>Drinks challenge</p> <p>Take note of how many drinks you have a day. Work out how many Millilitres or Litres you have.</p> <p>Your task is to now work out how much you consume in a week, month, 6 months and in a year.</p>	Pen and paper	None	<p>Multiplication</p> <p>Measurements</p>

Health and Wellbeing	Activities	Resources Required	Potential Risks	Impact
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1	<p>Menu Creation</p> <p>Your task is to create a menu for the day. This menu must include your Breakfast, Lunch and Dinner.</p> <p>If you would like, then you can also include snacks or any small bites!</p> <p>Next to each meal, you must be able to identify which food groups you have used.</p> <p>Please use the table below to identify the food groups used.</p>	Anything you like	Must always be supervised by an adult.	<p>Healthy eating</p> <p>Cooking skills</p> <p>Independence</p> <p>Learning food groups</p> <p>Design and technology</p>
2	<p>Master Chef</p> <p>You have made your menu, now you need to get the ingredients for one of the meals from your menu and make it!</p> <p>If you have chosen to put cereals on your menu then this does not count as cooking! We expect you to make your meal from scratch!</p> <p>Once you have made your food, taste it! Analyse it!</p> <p>What could we do differently to improve for next time?</p>	Anything you like!	Must always be supervised by adults	<p>Healthy eating</p> <p>Cooking skills</p> <p>Independence</p> <p>Learning food groups</p> <p>Design and technology</p> <p>Analysing</p>
3	<p>Helping others</p> <p>This task is about helping and supporting others.</p> <p>When we help other</p>	Anything you need	<p>Too many smiles!</p> <p>Or maybe suffocated from all the hugs and kisses from mum</p>	<p>Empathy</p> <p>Self-worth</p> <p>Selfless acts</p>

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	<p>people, it gives us a sense of accomplishment and joy when helping others.</p> <p>It could be simple tasks such as helping your parents with the dishes or even creating a poster to show support for the NHS or other Key Workers.</p>		and dad!	<p>Appreciation</p> <p>Gratitude for others</p>
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Primary Sports Video references

Wall Reaction

<https://www.facebook.com/442439562591945/videos/239793803754481/>

Underarm throwing

<https://www.facebook.com/primarysports/videos/283096539354219/>

HopScotch

<https://www.facebook.com/442439562591945/videos/633460057237272/>

Jumping

<https://www.facebook.com/442439562591945/videos/517049515641598/>

VolleyBall

<https://www.facebook.com/442439562591945/videos/318479689122181/>

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Self check: take your own pulse



Find your pulse



**Count your heartbeat
for 30 seconds**



Double it

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Five food groups



Make sure you eat from all 5 food groups!

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